

Name: Marcus Kitchens | [REDACTED] | MRN: 8912785729 | PCP: Arthur G Yin, MD | Legal Name: Marcus Kitchens

Progress Notes

Tina Holbrook at 01/10/23 1034

Author: Tina Holbrook

Service: —

Author Type: Nurse Practitioner

Filed: 01/10/23 1034

Encounter Date: 1/10/2023

Status: Signed

Editor: Tina Holbrook (Nurse Practitioner)

This provider is located at The Baptist Health Medical Group, Behavioral Health, Suite 23, 789 Eastern Bypass in Richmond, Kentucky 40475, using a secure MyChart Video Visit through *EPIC*. Patient is being seen remotely via telehealth at their home address in Kentucky 40475, and stated they are in a secure environment for this session. The patient's condition being diagnosed/treated is appropriate for telemedicine. The provider identified herself as well as her credentials. The patient, and/or patients guardian, consent to be seen remotely, and when consent is given they understand that the consent allows for patient identifiable information to be sent to a third party as needed. They may refuse to be seen remotely at any time. The electronic data is encrypted and password protected, and the patient and/or guardian has been advised of the potential risks to privacy notwithstanding such measures.

You have chosen to receive care through a telehealth visit. Do you consent to use a video/audio connection for your medical care today? Yes

Subjective

Markcus Kitchens is a 30 y.o. male who presents today for follow up

Chief Complaint: Anxiety, depression and ADHD

History of Present Illness:

History of Present Illness

Markcus Kitchens presents today via MyChart video visit for medication management follow-up. Reports that he is doing well overall, says that he is currently getting over a sinus infection. Verbalizes that he recently went on a 5-day cruise with his family and feels that this was a good experience and stress relief for him. He continues to be in the lawsuit with the medical testing board. Has missed residency deadlines so component has been postponed. Says that he has been more accepting and positive about current situation. Has been interviewing for different positions that require MD without the clinical component. Says that he and his wife have considered transitioning to Atlanta, where his uncle owns a law firm and his wife could work at this firm. Reports that he stopped taking Prozac about 2 weeks after last visit (November) and feels that he has been managing overall symptoms of depression and anxiety well on his own. Feels that overall ADHD symptoms are controlled with current regimen. Says that he does not take Adderall every day as he does not feel he needs to take medication when sustained mental effort is not required. Sleeping about an average of 7 hours per night. Reports appetite is good. Denies any adverse effects of current medication regimen. Denies any SI/HI or A/V hallucinations.

The following portions of the patient's history were reviewed and updated as appropriate: allergies, current medications, past family history, past medical history, past social history, past surgical history and problem list.

Past Medical History:

History reviewed. No pertinent past medical history.

Social History:

Social History

Socioeconomic History

• Marital status: Married

Tobacco Use

• Smoking status: Never

• Smokeless tobacco: Never

Substance and Sexual Activity

• Alcohol use: Never

• Drug use: Never

• Sexual activity: Yes

Partners: Female

Family History:

History reviewed. No pertinent family history.

DEFENDANT'S
EXHIBIT

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Kitchens001162

Past Surgical History:**Past Surgical History:**

Procedure

- WISDOM TOOTH EXTRACTION

Laterality

N/A

Date

Problem List:**Patient Active Problem List**

Diagnosis

- Anxiety
- Attention deficit disorder

Allergy:

No Known Allergies

Current Medications:**Current Outpatient Medications**

Medication	Sig	Dispense	Refill
• amphetamine-dextroamphetamine (ADDERALL) 20 MG tablet	Take 1 tablet by mouth 2 (Two) Times a Day.	60 tablet	0
• propranolol (INDERAL) 20 MG tablet	Take 1 tablet by mouth 3 (Three) Times a Day.	270 tablet	3

No current facility-administered medications for this visit.

Review of Symptoms:

Review of Systems

Constitutional: Negative for activity change, appetite change, fatigue, unexpected weight gain and unexpected weight loss.

Respiratory: Negative for shortness of breath.

Cardiovascular: Negative for chest pain.

Psychiatric/Behavioral: Positive for decreased concentration and depressed mood. Negative for sleep disturbance. The patient is nervous/anxious.

Physical Exam:**Physical Exam**Constitutional:

General: He is not in acute distress.

Appearance: Normal appearance.

Neurological:

Mental Status: He is alert.

Vitals:

There were no vitals taken for this visit. There is no height or weight on file to calculate BMI.

Due to extenuating circumstances and possible current health risks associated with the patient being present in a clinical setting (with current health restrictions in place in regards to possible COVID 19 transmission/exposure), the patient was seen remotely today via a MyChart Video Visit through EPIC.

Unable to obtain vital signs due to nature of remote visit.

Mental Status Exam:

Hygiene: appears good

Cooperation: Cooperative

Eye Contact: UTA

Psychomotor Behavior: Appropriate

Affect: Appropriate

Mood: normal

Hopelessness: Denies

Speech: Normal

Thought Process: Goal directed and Linear

Thought Content: Mood congruent

Suicidal: None

Homicidal: None

Hallucinations: None

Delusion: None

Memory: Intact

Orientation: Person, Place, Time and Situation

Reliability: good

Insight: Fair

Judgement: Good

Impulse Control: Good

Lab Results:**Office Visit on 08/25/2022**

Kitchens001163

Component	Date	Value	Ref Range	Status
• Report Summary	08/25/2022	FINAL		Final

Comment:

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TOXASSURE COMP DRUG ANALYSIS,UR

=====

Test	Result	Flag	Units
Drug Absent but Declared for Prescription Verification			
Amphetamine	Not Detected	UNEXPECTED	ng/mg creat
Propranolol	Not Detected	UNEXPECTED	

=====

Test	Result	Flag	Units	Ref Range
Creatinine	25		mg/dL	>=20

=====

Declared Medications:

The flagging and interpretation on this report are based on the following declared medications. Unexpected results may arise from inaccuracies in the declared medications.

****Note:** The testing scope of this panel includes these medications:

Amphetamine (Amphetamine-Dextroamphetamine)

Propranolol

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For clinical consultation, please call (866) 593-0157.

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EKG Results:

No orders to display

Assessment & Plan

Problems Addressed this Visit

Mental Health

Attention deficit disorder

Relevant Medications

amphetamine-dextroamphetamine (ADDERALL) 20 MG tablet

Diagnoses

	Codes	Comments
Attention deficit disorder, unspecified hyperactivity presence	ICD-10-CM: F98.8 ICD-9-CM: 314.00	

Visit Diagnoses:

	ICD-10-CM	ICD-9-CM
1. Attention deficit disorder, unspecified hyperactivity presence	F98.8	314.00

-Reviewed previous available documentation and most recent available labs. KASPER reviewed and is appropriate. UDS on file from 8/25/22 is appropriate. Signed controlled substance agreement on file. Patient counseled on use of controlled substances.

-Discussed importance of counseling to decrease anxiety like symptoms. Discussed coping mechanisms to decrease stress and anxiety: relaxation techniques, guided imagery, music therapy, staying active, support groups, diversional activities and avoid aggravating factors.
Discussed different coping mechanisms to better control depression.

-The benefits of a healthy diet and exercise were discussed with patient, especially the positive effects they have on mental health. Patient encouraged to consider lifestyle modification regarding diet and exercise patterns to maximize results of mental health treatment.

Encouraged patient to practice good sleep hygiene. Discussed going to bed at the same time and getting up at the same time every day. Consider a quiet activity, such as reading, part of your nighttime routine. Make your bedroom a dark, comfortable place where it is easy to fall asleep. Avoid or limit caffeine consumption. Limit screen use, especially two hours prior to bed (this includes watching TV, using smartphone, tablet or computer).

Discussed medication regimen and plan of care. He is agreeable to continue with Adderall at current dose

Kitchens001164

as he feels medication is beneficial in controlling ADHD symptoms. Has stopped taking Prozac as he feels that he is able to use coping skills/techniques to manage symptoms associated with anxiety and depression. Says that the symptoms have been more situational and now that he has come to terms with current situation he is better able to manage the symptoms. Continues to take propranolol that has been helpful with anxiety as well. Denies any adverse effects of current medication regimen. Denies any SI/HI.

-Refill Adderall 20 mg twice daily for ADHD symptoms

-Continue Propranolol 20 mg three times daily for anxiety as previously prescribed.

GOALS:

Short Term Goals: Patient will be compliant with medication, and patient will have no significant medication related side effects. Patient will be engaged in psychotherapy as indicated. Patient will report subjective improvement of symptoms.

Long term goals: To stabilize mood and treat/improve subjective symptoms, the patient will stay out of the hospital, the patient will be at an optimal level of functioning, and the patient will take all medications as prescribed.

The patient/guardian verbalized understanding and agreement with goals that were mutually set.

TREATMENT PLAN: Continue supportive psychotherapy efforts and medications as indicated for patient's diagnosis. Pharmacological and Non-Pharmacological treatment options discussed during today's visit. Patient/Guardian acknowledged and verbally consented with current treatment plan and was educated on the importance of compliance with treatment and follow-up appointments.

MEDICATION ISSUES:

Discussed medication options and treatment plan of prescribed medication as well as the risks, benefits, any black box warnings, and side effects including potential falls, possible impaired driving, and metabolic adversities among others. Patient is agreeable to call the office with any worsening of symptoms or onset of side effects, or if any concerns or questions arise. The contact information for the office is made available to the patient. Patient is agreeable to call 911 or go to the nearest ER should they begin having any SI/HI, or if any urgent concerns arise. No medication side effects or related complaints today.

MEDS ORDERED DURING VISIT:

New Medications Ordered This Visit

Medications

- amphetamine-dextroamphetamine (ADDERALL) 20 MG tablet
Sig: Take 1 tablet by mouth 2 (Two) Times a Day.
Dispense: 60 tablet
Refill: 0

FOLLOW UP:

Return in about 3 months (around 4/10/2023) for Recheck, Video visit.

I spent 30 minutes caring for Marcus on this date of service. This time includes time spent by me in the following activities: preparing for the visit, obtaining and/or reviewing a separately obtained history, performing a medically appropriate examination and/or evaluation, counseling and educating the patient/family/caregiver, ordering medications, tests, or procedures and documenting information in the medical record.

Tina Holbrook APRN FNP-C PMHNP-BO

This document has been electronically signed by *Tina Holbrook, APRN*
January 10, 2023 10:34 EST

Please note that portions of this note were completed with a voice recognition program. Efforts were made to edit dictation, but occasionally words are mistranscribed.

Name: Markcus Kitchens | MRN: 8912785729 | PCP: Arthur G Yin, MD | Legal Name: Markcus Kitchens

AFTER VISIT SUMMARY



BAPTIST HEALTH®

Markcus Kitchens MRN: 8912785729

1/10/2023 10:00 AM BAPTIST HEALTH MEDICAL GROUP BEHAVIORAL HEALTH RICHMOND 859-544-8171

Instructions from Tina Holbrook, APRN



Today's medication changes

CHANGE how you take:
amphetamine-dextroamphetamine (ADDERALL)

STOP taking:
FLUoxetine 10 MG capsule (PROzac)

Accurate as of January 10, 2023 11:59 PM
Review your updated medication list below.



Pick up these medications at MEIJER PHARMACY #258 - RICHMOND, KY - 2013 LANTERN
RIDGE DR - 859-575-5064 PH - 859-575-5065 FX

amphetamine-dextroamphetamine

Address: 2013 LANTERN RIDGE DR, RICHMOND KY 40475
Phone: 859-575-5064



Return in about 3 months

(around 4/10/2023) for Recheck, Video visit

Today's Visit

You saw Tina Holbrook, APRN on Tuesday January 10, 2023

What's Next

APR
24
2023

Medicine Check with Tina Holbrook, APRN
Monday April 24 9:30 AM (Arrive by 9:00 AM)

BAPTIST HEALTH MEDICAL GROUP
BEHAVIORAL HEALTH RICHMOND
789 EASTERN BYPASS
STE 23
RICHMOND KY 40475-2421
859-544-8171

Opioid Resource

If you or someone you know needs information on substance abuse, please visit
<https://www.findhelponowky.org/> for listings of facilities and resources across Kentucky

COVID-19 Vaccination Information

Why Get Vaccinated?

Building defenses against COVID-19 is a team effort, and you are a key part of that team. Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, and family. Here are ways you can build people's confidence in the COVID-19 vaccines in your community and at home.

- Get vaccinated and enroll in the v-safe text messaging program to help CDC monitor vaccine safety
- Tell others why you are getting vaccinated and encourage them to get vaccinated. Share your success story
- Learn how to have conversations about COVID-19 vaccine with coworkers, family, and friends
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

How do I schedule an appointment for a vaccine?

<https://www.vaccines.gov/> helps you find locations that carry COVID-19 vaccines and their contact information. Because every location handles appointments differently, you will need to schedule your appointment directly with the location you choose.

Your Medication List as of January 10, 2023 11:59 PM

ⓘ Always use your most recent med list



amphetamine-dextroamphetamine 20 MG tablet
Commonly known as: **ADDERALL**
Changed by: Tina Holbrook, APRN

Take 1 tablet by mouth 2 (Two) Times a Day
What changed: **See the new instructions.**

propranolol 20 MG tablet
Commonly known as: **INDERAL**

Take 1 tablet by mouth 3 (Three) Times a Day

Patient Experience

Thank you for choosing Baptist Health. You may receive a survey following your visit. Please take a moment to share what went well, where we need improvement, and which staff members deserve recognition. We value your input.

Access to Your Information

At Baptist Health, we believe that sharing information builds trust and better relationships. We believe that you should be able to see your results in MyChart as soon as they are available. However, this means that you may see results even before your healthcare provider has reviewed them. Some test results may be hard to understand and may show a mild or serious disease or condition. You may choose to view your results immediately, or you may prefer to wait until your provider's office contacts you. Waiting will allow your provider to discuss your results in detail and provide important education about your condition. If you have not heard within a few days, you may want to contact your provider's office before viewing the results on your own.

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